

**RULEBOOK:
R.A.W. UNITED
POWERLIFTING FEDERATION**



UPDATED: JUNE 2021

*"Be strong in the Lord and the power of His might"
Ephesians 6:10*

R.A.W. UNITED (Redeemed Among the World United) is a Christian, powerlifting federation with a three-fold mission: (1) to honor God both on and off the platform, (2) to recognize and lift up members and veterans of the United States Armed Forces, America's Police Officers, Firefighters, and Medical First Responders, as well as their families, and (3) to host family-friendly contests at affordable prices.



R.A.W. United welcomes members of all faith groups and would like to invite all strength athletes to join us at one of our meets.

Our Rulebook has been designed with simplicity in mind – it is an effort to streamline the contents into a common sense approach to the sport that all athletes can easily understand.

Please note that R.A.W. United is governed by STRONG LIFE 610, Inc., and is one of three philanthropic projects sponsored by the corporation and is headquartered in Melbourne Beach, Florida.

To learn more, please visit the STRONG LIFE 610 website at www.stronglife610.net, contact us via email at stronglife610inc@gmail.com, or by phone at 321-505-1194.

Lifters interested in becoming a part of our family of strength athletes are encouraged to contact us at 321-505-1194 or via email at stronglife610inc@gmail.com.

CONTACT US AT:

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STRONG LIFE 610 LEADERSHIP TEAM:

**Dr. Spero Tshontikidis * President
Bill Beekley * Florida State Chair
Tony Conyers * R.A.W. United Chaplain
Caryn Tshontikidis * Treasurer**

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PART ONE: GENERAL RULES



GENERAL RULES

Lifts must be taken in the following sequence at all sanctioned competitions: Squat, Bench Press, Deadlift.

Competition takes place between lifters in categories defined by sex, bodyweight, and age.

R.A.W. United rules apply to all levels of competition.

Each lifter is allowed three lifts; the best lift from each of the three lifts will comprise his or her total.

Fourth attempts do not count toward a lifter's total.

If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.

SANCTIONS:

R.A.W. United is currently headquartered in Florida with sanctioned events being held in Brevard County and Hillsborough County, and a second Chapter in the state of Idaho.

We are currently seeking to expand our federation and ministry; Meet Directors interested in hosting a R.A.W. United sanctioned event can contact us at 321-505-1194 or at stronglife610inc@gmail.com.

RECORDS:

State Records can be established all sanctioned events when three, sanctioned R.A.W. United State or Federation Referees are officiating.

Federation Records can be established at Federation Championship events when three, sanctioned R.A.W. United Federation Referees are officiating.

State and Federation Records are maintained in a Full Power (Squat, Bench Press, Deadlift, and Total) format for men and women, as well as a Single Lift format for the Bench and Deadlift.

Records can be set in the following age groups and bodyweight classes:

AGE GROUPS:

Youth: 7-Under, 8-9, 10-11, 12-13
Teenage: 14-15, 16-17, 18-19
Open : All Ages
Master: 40-44, 45-49, 50-54, ... 100+

BODYWEIGHT CATEGORIES:

Women's Classes

97 lb. class	up to 97 lbs.
105 lb. class	from 97.01 lbs. to 105.75 lbs.
114 lb. class	from 105.76 lbs. to 114.50 lbs.
123 lb. class	from 114.60 lbs. to 123.50 lbs.
132 lb. class	from 123.60 lbs. to 132.25 lbs.
148 lb. class	from 132.26 lbs. to 148.75 lbs.
165 lb. class	from 148.76 lbs. to 165.25 lbs.
181 lb. class	from 165.26 lbs. to 181.75 lbs.
198 lb. class	from 181.76 lbs. to 198.25 lbs.
198+ lb. class	from 198.26 lbs. and above

Girl's Youth Classes (13-U)

66 lb. class	up to 66 lbs.
77 lb. class	from 66.01 lbs. to 77 pounds
88 lb. class	from 77.01 lbs. to 88 pounds
97 lb. class –	<i>see above</i>
198+ lb. class	

Men's Classes

114 lb. class	up to 114.50 lbs.
123 lb. class	from 114.60 lbs. to 123.50 lbs.
132 lb. class	from 123.51 lbs. to 132.25 lbs.
148 lb. class	from 132.26 lbs. to 148.75 lbs.
165 lb. class	from 148.76 lbs. to 165.25 lbs.
181 lb. class	from 165.26 lbs. to 181.75 lbs.
198 lb. class	from 181.76 lbs. to 198.25 lbs.
220 lb. class	from 198.26 lbs. to 220.25 lbs.
242 lb. class	from 220.26 lbs. to 242.50 lbs.
275 lb. class	from 242.51 lbs. to 275.50 lbs.
308 lb. class	from 275.51 lbs. to 308.25 lbs.
SHW class	from 308.26 lbs. and above

Boy's Youth Classes (13-U)

66 lb. class	up to 66 lbs.
77 lb. class	from 66.01 lbs. to 77 pounds
88 lb. class	from 77.01 lbs. to 88 pounds
97 lb. class	from 88.1 lbs. to 97 lbs.
105 lb. class	from 97.01 lbs. to 105.75 lbs.
<i>114 lb. class –</i>	<i>see above</i>
<i>SHW</i>	

COMPOSITION OF TEAMS:

Rules regarding teams competing at sanctioned events are structured as follows:

Each team must submit a final team roster prior to the Rules Clinic on the first day of competition.

Each team is allowed a maximum of ten competitors spread throughout the range of the bodyweight categories.

There must not be more than two competitors from any one team in any particular bodyweight category.

Each team is allowed a maximum of two alternates; these alternates may be substituted at any time before the commencement of the Rules Clinic on the first day of competition.

TEAM SCORING:

Scoring will be 7, 5, 3, 2, 1 at all sanctioned events.

In the case of a tie, the team having the largest number of first places will be ranked first.

In the case of a tie again, the team with the most second places, and so on, will rank first.

MEET DIRECTORS, SANCTIONS, AND STANDARDS:

Meet Directors must be members in good standing, and all sanctions - to include contest title and date, venue, entry form, individual entry fees (fees cannot exceed \$75.00 without approval), and liability releases - must be approved by the R.A.W. United Office prior to advertisement.

R.A.W. United does not charge Meet Directors a sanctioning fee; the only financial obligation that Meet Directors have with the R.A.W. United Office is to send individual membership applications and fees to the R.A.W. United Office within 10 days of the completion of the meet.

Meet Directors must send complete contest results in WORD format to the R.A.W. United Office (contest pictures are also highly encouraged) within 10 days of the completion of the meet for records keeping purposes and for publication in our STRONG LIFE Newsletter.

Meet Directors are expected to support the ministry's Christian foundation, serving lifters and their families with respect.

Simply stated, R.A.W. United supports its Meet Directors and, in turn, our Meet Directors support our lifters.

Our goal is that our Meet Directors know that they have the full support of the R.A.W. United Office and that our lifters NEVER feel that they have been taken advantage of financially.

PART TWO: PLATFORM EQUIPMENT



PLATFORM EQUIPMENT

Platform:

All lifts shall be carried out on a platform measuring between 8 ft. x 8 ft. and 12 ft. x 12 ft. The surface must be flat, firm, non-slip, and level.

Bars and Discs:

Bars must be straight and well knurled and must weigh 44 or 45 lbs. Meet Directors may utilize 55 lb. bar for the squat.

Although not required, custom-made bars such as the Texas Squat Bar, Texas Power Bar, and Texas Deadlift Bar are recommended.

Youth lifters may utilize a 15 lb. aluminum bar with the bar loaded up to 65 lbs. before moving to a 45 lb. bar.

Discs must be clearly marked and may be in pound weight or in kilogram weight.

Discs in pound weight must be within the following range: 2.5 lbs., 5 lbs., 10 lbs., 25 lbs., 35 lbs., 45 lbs., and 100 lbs.

Discs in kilogram weight must be within the following range: 1.25 kg., 2.5 kg., 5 kg., 10 kg., 15 kg., 20 kg., 45 kg., and 50 kg.

For record purposes, a .5 lb. or a 1 lb. disc may be utilized in pound weight, and lighter discs of at least 500 grams or more in kilogram weight.

The first and heaviest discs loaded on the bar must be loaded faced in, with the rest of the discs loaded face out.

Collars:

Collars must always be used in competition and the bar and collar combination cannot exceed 65 lbs. or 30 kg.

Squat Racks:

Squat racks shall be of sturdy construction and provide maximum stability.

The base shall be of such design that it does not impede the lifter or the spotter loaders.

It may consist of a one-unit construction or two separate stands designed to hold the bar in a horizontal position.

All racks must be capable of being secured at the required height by means of pins.

Bench:

The bench shall be of sturdy construction, provide maximum stability, and be flat and level.

Judging Lights:

A system of lights shall be provided whereby the referees make known their decisions.

Each referee will control a white and a red light.

The two colors represent a “good lift” and a “bad lift,” respectively.



PART THREE: ATTIRE & PERSONAL EQUIPMENT



ATTIRE & PERSONAL EQUIPMENT

Singlet:

All lifters must wear a one-piece, non-supportive singlet.

The straps must be worn over the shoulders at all times while lifting in competition.

Youth lifters, aged 13 or under, may wear gym shorts and a t-shirt instead of a singlet; t-shirts must be tucked in.

Undershirt:

A non-supportive, short sleeve undershirt (commonly known as a t-shirt) must be worn under the singlet during the performance of the squat and bench press; lifters may opt not to wear a t-shirt under the singlet during the performance of the deadlift.

Undershorts:

A standard athletic supporter and/or standard commercial undershorts of any mixture of cotton, nylon, or polyester may be worn under the singlet. Boxer type shorts or shorts that can be seen under the singlet are not permitted.

Socks:

Socks may be worn, however, only one pair of socks at a time.

Shoes or Boots:

Lifting shoes or boots must be worn. Shoes shall be taken to include boots, sports shoes, trainer's gymnastics slippers, or any foot covering that has a patterned molding or foot type outline that provides an inner sole. Shoes with metal spikes or cleats are not permitted.

Belts:

Competitors may wear a leather or vinyl belt not to exceed 4" in width.

Wrist Wraps:

Competitors may wear wrist wraps.

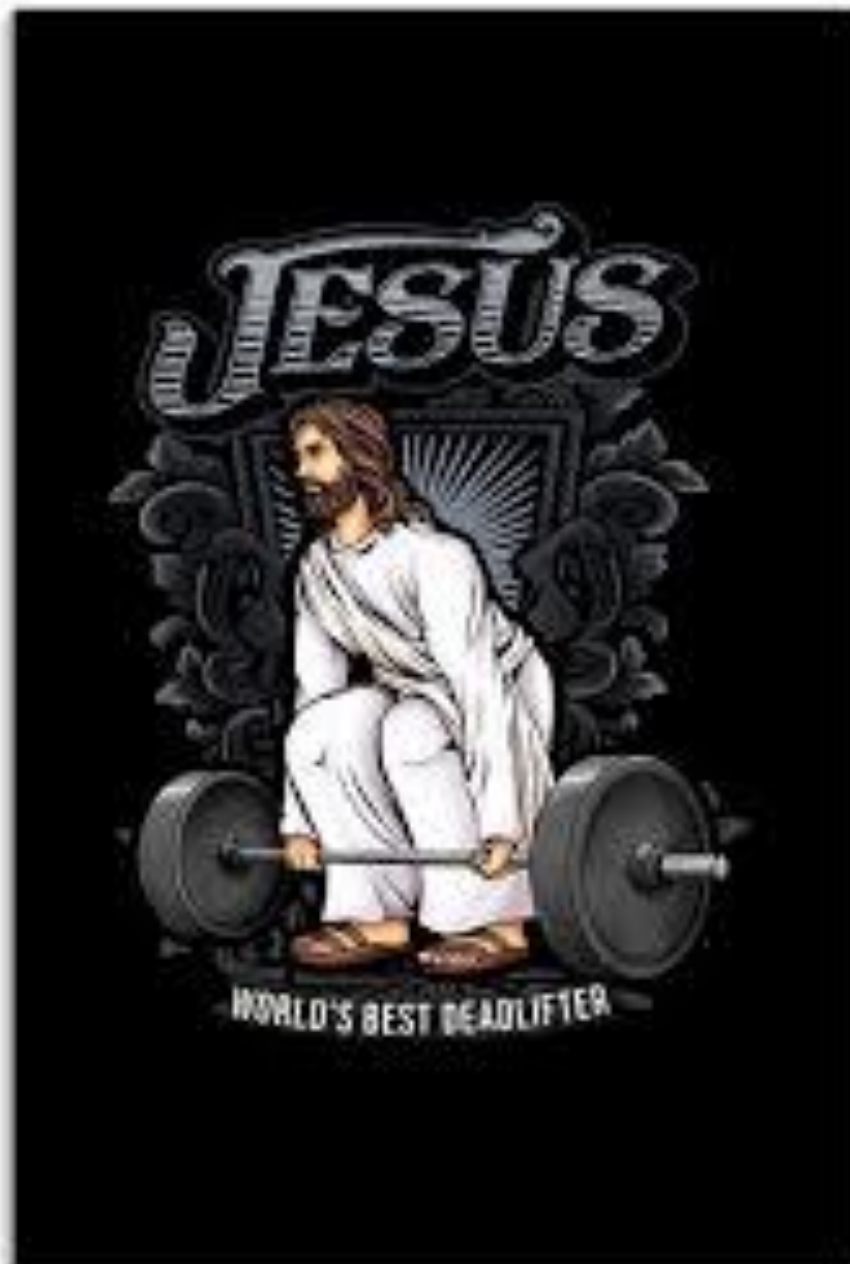
Knee Sleeves:

Competitors may wear non-fastening, neoprene knee sleeves.

General:

Baby powder, pool hall chalk, liquid chalk, resin, talc, or magnesium carbonates are the only substances that may be added to the body and attire.

The Meet Director may determine its application in a designated area only.



PART FOUR: POWERLIFTS & RULES OF PERFORMANCE



POWERLIFTS & RULES OF PERFORMANCE

Squat:

The lifter shall face the front of the platform.

The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar, and the top of the bar not more than the thickness of the bar below the outer edge of the shoulders.

The hands may be positioned anywhere on the bar inside and/or in contact with the inner collars.

After removing the bar from the racks, the lifter must move backwards to establish the starting position.

When the lifter is motionless, erect with knees locked, and the bar properly positioned with the bar no more than 3 cm below the top of the anterior deltoids, the Chief Referee will give the signal to begin the lift.

The signal shall consist of a downward movement of the arm with an audible command of “SQUAT.”

Upon receiving the Chief Referee’s signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees; only one decent is allowed.

The lifter must recover at will to an upright position with the knees locked.

Double bouncing at the bottom of the squat or any downward movement is not permitted.

When the lifter is motionless the Chief Referee will give the signal to rack the bar.

The signal to rack the bar will consist of a backward motion of the arm and the audible command “RACK.” The lifter then must return the bar to the racks.

Causes for Disqualification of a Squat:

(1) failure to observe the Chief Referee’s signals at the commencement or completion of the lift,

(2) double bouncing or more than one recovery attempt at the bottom of the lift,

(3) failure to assume an upright position with the knees locked at the commencement and completion of the lift,

(4) any shifting of the feet laterally, backwards, or forwards, during the performance of the lift,

(5) failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees,

(6) changing the position of the bar across the shoulders after the commencement of the lift,

(7) contact with the bar by the spotter/loaders between the referee's signals,

(8) contact of elbows or upper arms with the legs,

(9) failure to make a bon fide attempt to return the bar to the racks,

(10) any dropping or dumping of the bar after completion of the lift, and

(11) failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.

Bench:

The lifter must lie on his back with head, shoulders, and buttocks in contact with the bench surface and with feet planted flat on the floor.

Lifters' hands and fingers must grip the bar positioned in the rack.

This position shall be maintained throughout the lift.

After removing the bar from the racks, the lifter must lower the bar to the chest (the chest, for the purpose of the rule, finishes at the base of the sternum/breastbone), hold it motionless on the chest, after which the Chief Referee will signal the audible command "PRESS."

The signal shall be given as soon as the bar is motionless and properly positioned.

The lifter must then return the bar to arms-length with no excessive/immoderate uneven extension of the arms.

When held motionless in this position, the audible command "RACK" shall be given.

Causes for Disqualification of a Bench:

(1) failure to observe the Chief Referee's signal at the commencement or completion of the lift,

(2) any change in the elected lifting position after the commencement of the lift,

(3) heaving, bouncing, or sinking the bar after it has been motionless on the chest,

(4) any downward movement of the bar in the course of being pressed out,

(5) failure to press the bar to full extension of the arms at the completion of the lift,

(6) contact with the bar by the spotter/loaders between the referee's signals,

(7) any contact of the lifter's feet with the bench or its supports,

(8) deliberate contact between the bar and the bar rest supports during the lift in order to make the press easier,

(9) placing the bar below the pectoral muscle line as it crosses at the sternum, a.k.a. a "belly bench," and

(10) failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.

Deadlift:

The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.

On completion of the lift the knees shall be locked in a straight position and the shoulders back.

The Chief Referee's signal shall consist of a downward motion of the arm and the audible command, "DOWN."

The lifter must then put the bar down under control.

Causes for Disqualification of a Deadlift:

(1) failure to observe the Chief Referee's signal at the commencement or completion of the lift,

(2) failure to stand erect with shoulders back,

(3) failure to lock the knees straight at the completion of the lift,

(4) supporting the bar on the thighs during the performance of the lift,

(5) stepping backward or forward although lateral movement of the sole or rocking feet between ball and heel is permitted,

(6) lowering the bar before receiving the Chief Referee's signal,

(7) allowing the bar to return to the platform without maintaining control with both hands, and

(8) failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.

Youth Lifters:

When youth (age 13 and under) lifters are competing, the Head Judge and/or Side Judge(s) can stop a lift if it is determined that the youth lifter is demonstrating poor technique that could lead to injury.

In this event, the lifter will be instructed on the proper technique and given the opportunity to make the attempt.

If his/her technique continues to be deemed detrimental, the lift will be scored as a missed attempt.



PART FIVE: WEIGHING IN



WEIGHING IN

Time Allowance:

Weighing in of competitors can take place up to 24 hours prior to the start of the competition.

Early weigh-ins can last up to 10 hours the day before competition; on contest day, weigh-ins must be offered a minimum of 1 hour before the Rules Clinic.

Each competitor may only officially weigh in one time; lifters must strip down to no more clothing than gym shorts and a t-shirt when weighing in.

Proof of Age / Service:

For any age-related class, proof of age must be provided that contains a photographic image of the lifter.

Youth and Teenage lifters that do not possess photographic identification may utilize notarized documentation for proof of age.

Lot Numbers:

Lot numbers will be drawn for all lifters during the weigh in period.

Bodyweight & Placing:

If two lifters register the same bodyweight at the weigh in and eventually achieve the same total at the end of the competition, they will be re-weighed and the lighter person will take precedence over the heavier person.

However, if they still weigh the same after re-weighing, they will then share the placing, and each receives an award. In such circumstances should two lifters be in first place, the next lifter shall be placed third and so forth.

Equipment:

Personal & Platform Equipment can be checked during the weigh in period at the discretion of the Meet Director.

Lifters should register their rack heights for both the squat and bench, as well as foot blocks, during the weigh in period.

PART SIX: ORDER OF COMPETITION



ORDER OF COMPETITION

General Rules

Meet Directors will place lifters in flights according to age and weight class categories.

Flights should consist of 10-15 lifters, and no more than two flights are permitted in meets running a morning and afternoon session while no more than three flights are permitted in meets running a single session.

Order of lifting will be determined by each lifter's opening attempts with the lightest weight being first and progressing numerically to the heaviest weight as the final lifter of the flight.

Second and third attempts will be restructured similarly until the flight is completed.

Fourth attempts will only be permitted if the lifter successfully completes his or her third attempt and is within 20 pounds of a Federation Record.

Lot numbers will be assigned to all competitors at all sanctioned contests, and will be determined at the weigh in. In the event that two or more lifters register the same attempt, the lifter with the lower lot number will lift first.

If a lifter's attempt is unsuccessful due to a wrongly loaded bar or spotter error, the lifter will be granted a further attempt at the correct weight at the end of the round.

A lifter is permitted one change of weight on the first attempt of each lift. The change may be lighter or heavier than first selected and must be recorded before the beginning of the flight.

A lifter must submit his or her second and third attempts within one minute of completing the preceding attempt.

If the lifter fails to submit an attempt, a 5 lb. increase will be recorded if he or she was successful on the previous attempt; if the lifter was unsuccessful, the same weight will be recorded.

Weights submitted for second attempts on all three lifts cannot be changed.

Similarly, third attempts in the squat and bench cannot be changed.

In the third round of the deadlift, two weight changes are permitted.

The changes can be lower or higher than the lifters' previously submitted third attempt, however, these are only permitted provided that the lifter has not already been called to the bar already loaded to his or her original attempt.

Appointed Officials:

Speaker/Announcer

The speaker acts as the Master of Ceremonies and is responsible for the efficient running of the competition.

The speaker will ensure that all necessary information – such as the lifter's name, weight to be loaded, and rack height – is announced.

The speaker will refrain from making judgment on lifts (such as “looks good to me”) before the judges render their decision.

Chief Referee

The Chief Referee is responsible for selecting and assigning all judges/officials for the event.

All final decisions regarding the contest rest with the Chief Referee.

Timekeeper

The timekeeper is responsible for ensuring that lifter’s do not exceed the one-minute allowance of time between when the bar is loaded and the lifter commences his/her attempt.

Once the clock is running for a lifter, it can only be stopped at the discretion of the Chief Referee.

Scorekeeper

The scorekeeper is responsible for accurately recording the progress of the competition and ensuring that the three referees sign the appropriate official documents: score sheet, record certificates, etc.

Spotter/Loaders

The spotter/loaders are responsible for loading and unloading the bar, adjusting rack heights, cleaning the bar or platform, and generally ensuring that the platform is well maintained and presents a neat and tidy appearance at all times.

At no time shall there be less than two or more than five spotter/loaders on the platform.

The spotter/loaders may assist the lifter in removing the bar from the racks and returning the bar to the racks (before and after the Chief Referee's commands, respectively).

The spotter/loaders shall not touch the lifter or the bar, however, during the actual attempt.

Records Processor

The Records Processor is accountable for all State Records broken at events sanctioned by STRONG LIFE 610.

The Records Processor must sign off on all contest documents – to include Records Forms, score cards, etc. - submitted to the STRONG LIFE 610 National Office.

PART SEVEN: REFEREES



REFEREES

General Rules:

The referees shall be three in number, the Chief Referee and two side referees.

Before the contest, the three referees shall jointly ascertain that: (1) the platform and equipment is suitable for the contest, (2) the scales work correctly, (3) weigh-ins are conducted properly, and (4) the lifters' attire and equipment comply with the rules.

During the contest, the three referees shall jointly ascertain that: (1) the weight of the loaded bar agrees with the weight announced by the speaker, and (2) the lifter's attire and gear are exactly as declared.

The Chief Referee is responsible for giving the necessary signals (or commands) for all three lifts.

Once the bar has been replaced on the racks or on the platform at the completion of a lift, the referees will announce their decision.

Two or three white lights signify a "good lift."

The three referees may seat themselves in what they consider to be the best viewing positions around the platform for each of the three lifts.

Prior to the commencement of a lift, if either of the side referees do not accept the bar placement or starting position of the lifter, they shall raise a hand to call attention to the fault.

If there is a majority opinion among the referees that a fault exists, the Chief Referee will not give the signals to commence the lift.

The Chief Referee can then convey such information to the lifter (and his/her coach if present).

After the contest, the three referees shall: (1) sign the official score sheets, (2) sign the official record certificates, and (3) sign any other documents requiring their signature.

Qualifications for a R.A.W. United State Referee:

Lifters that desire to become a R.A.W. United State Referee must meet the following qualifications:

(1) must be a member of R.A.W. United in good standing,

(2) must submit a resume to the R.A.W. United Office and be approved for testing,

(3) must take the written examination, administered by a R.A.W. United Federation Referee, at an event sanctioned by R.A.W. United,

(4) must achieve a passing score of 90% or better on the written examination,

(5) must sit for a practical examination at the same contest with a current, card-carrying, R.A.W. United Federation Referee for a minimum of 25 attempts of each of the three lifts, and

(6) must achieve a passing score of 90% or better in each lift on the practical examination.

A Referee's card and rulebook shall be issued upon the passing of both the written and practical examinations.

R.A.W. United Referees can officiate at all sanctioned contests.

Qualifications for a R.A.W. United Federation Referee:

Lifters that desire to become a R.A.W. United Federation Referee must meet the following qualifications:

(1) must be both a member of R.A.W. United in good standing and a R.A.W. United State Referee,

(2) must submit a resume to the R.A.W. United Office and be approved for testing,

(3) must take the written examination, administered by a R.A.W. United Federation Referee, at an event sanctioned by R.A.W. United,

(4) must achieve a passing score of 90% or better on the written examination,

(5) must sit for a practical examination at the same contest with a current, card-carrying, R.A.W. United Federation Referee for a minimum of 50 attempts of each of the three lifts, and

(6) must achieve a passing score of 90% or better in each lift on the practical examination.

A Referee's card and rulebook shall be issued upon the passing of both the written and practical examinations.

R.A.W. United Federation Referees can officiate at all sanctioned contests.

Certification of State Records:

State Records can be set at all meets sanctioned by R.A.W. United with three, sanctioned R.A.W. United State and/or Federation Referees.

The R.A.W. United National Office is responsible for maintaining State Records and disseminating records to Federation members.

Upon completion of sanctioned events, the Meet Director must submit the Contest Results in WORD format to the R.A.W. United National Office within 10 days of the completion of the sanctioned event.

Certification of Federation Records:

As R.A.W. United transitions from a Florida-based powerlifting federation and creates State Chapters across America, the Federation will transition from maintaining only State Records to adding Federation Records in 2021.

For the 2021 powerlifting season, Federation Records will be established at our inaugural Federation Championships on July 29-31 / August 01 with three, sanctioned R.A.W. United Federation Referees officiating at all times.

Once ten (10) R.A.W. United State Chapters are established, Federation Records may be registered at all sanctioned events with three, sanctioned R.A.W. United Federation Referees officiating; existing lifts from the Federation Championships will continue to be maintained as Meet Records.

Attire:

Referees must wear tan slacks or shorts, a R.A.W. United referee's shirt, and shoes (no flip flops) when officiating at all sanctioned meets.

PART EIGHT: STATE CHAPTERS



STATE CHAPTERS:

Interested in Starting a State Chapter:

As R.A.W. United transitions from a Florida-based powerlifting federation and creates State Chapters across America, the Federation is seeking Christian lifters to lead their states and host sanctioned events. Those interested can contact us at:

**Strong Life 610, Inc.
105 La Costa Street, Unit C1
Melbourne Beach, FL 32951
(321) 505-1194
stronglife610inc@gmail.com**

Current State Chapter Leaders:

FLORIDA:

Bii Beekley * beekley220@gmail.com * (813) 362-1908

IDAHO:

Mitch Thornton * dfitptc@gmail.com * (208) 750-8676

